



WORKING WELLNESS

Good Health is Good Business

JUNE
2015

is...

Cataract
Awareness
Month

National
Aphasia
Awareness
Month

National Safety
Month

With

Men's Health
Week

National
Cancer
Survivor's Day

World Sickle
Cell Day

INTRODUCING:

 **DELTA DENTAL®**

SPECIAL DENTAL OPEN ENROLLMENT

Effective September 1st 2015 Delta Dental will be our new Dental Carrier. A **Special Open Enrollment** will be held to allow employees and retirees to make voluntary changes to their current dental coverage.

Open Enrollment Workshops will be held in July so stay tuned!

If you have any questions please contact the Benefits Office @ 305-292-4446.

**** More information and dates in next months newsletter.**



Corner

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>

Check out Envision Rx's website. You can find the claim reimbursement form, new drug approvals, their newsletter, you can also register yourself to gain easy access to many personalized benefits, etc.

<https://www.envisionrx.com/index.aspx>



SPOTLIGHT OF THE MONTH: WELLNESS CORNER

For Your Benefit

Taken from the workforce.com magazine.

We asked our experts for their favorite wellness apps:

GPS for the Soul (GPS4Soul): This app measures your heart rate to indicate your “level of balance and harmony,” and offers guides based on your level of stress. Shawn LaVana of Virgin Pulse said it helps him take a minute to pause and meditate. “It gives a 60-second countdown with a pulse so you know when to breathe.

Mind Tools: This management and leadership training app offers self-skills tests, strategy tools and thousands of articles on leadership topics. Kristin Matthews of KGA Inc. often recommends it to recently promoted managers. “Many people who are promoted to management aren’t fully equipped leaders,” she said. “This app gives them basic tips on things like team building to time management to help them move into these roles.”

To be continued...

SPOTLIGHT OF THE MONTH: QUANTUM EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation**.

**** For employees that missed the orientation here is the link to access it:**

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says “employer support”. Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.



Available 24/7 @ 1-877-747-1200

Or

Check out their website
<http://www.accessqhs.com/>



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



A reminder from the Workers Comp Specialist, *Don't Wait!*

The importance of filling out a completed Medical and Non-Medical Notice of Injury (NOI) in a timely manner:

- You will avoid causing further injury
- You will avoid an unnecessary ER visit
- Your time may expire on treatment availability

**** When an incident occurs whether injured at the time or not, a First Report of Injury or Illness must be completed and sent to the Workers Comp Office.**



If you need assistance with W/C please contact Tammy Sweeting @ (305) 292-4507.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

Ever wonder about how you would react to a potentially life threatening emergency? Effective training and having a plan are keys to successfully surviving an emergency situation. Please join us on Thursday, June 4th at the Harvey Government Center as we present :

Life Safety Basics : Surviving an Emergency Situation in Your Workplace.

Four Life Safety events will be discussed:

- 1.) Fire Evacuation and Extinguisher Use
- 2.) Suspicious Package/mail "White Powder" Incidents
- 3.) Responding to a Bomb Threat
- 4.) Surviving an Active Shooter Event



All topics are instructed by Monroe County First responders including Monroe County Fire Rescue, Monroe County Sheriff's Office and Key West Fire Department.

Seating at the Harvey is limited (150 people). Department Heads, please contact Maria Slavik at slavik-maria@monroecounty-fl.gov with the number of employees that will be attending.

Dates for Marathon and Key Largo are forthcoming. A live stream will also be available at a later date.

This training is MANDATORY! The DEADLINE was Tuesday May 26th.

**** Should you have questions about the workshop, please do not hesitate to contact Maria Slavik at x3178.**